

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Wesley Spectrum Services-Wesley Spectrum-Aggression Replacement Training

Cohort Total: 45

SPEP ID: 17

Selected Timeframe: Jan. 1, 2013-Dec. 31, 2013

Date(s) of Interview(s): May 1, 2014

Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Doug Braden

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Wesley Spectrum Services (WSS) is a private, nonprofit service agency that provides a wide array of integrated education, behavioral health and family support services to meet the complex needs of at-risk children and families throughout Western Pennsylvania. They provide integrated continuum of autism, behavioral health, as well as education and family support services.

ART is a multi-modal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: skill-streaming, anger-control training, and training in moral reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. Training in moral reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders thrice weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger-Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger and resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? n/a

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a **Total Points Possible for this Service Type:** 35

Total Points Earned: 35 **Total Points Possible:** 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 **Total Points Possible:** 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 12 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

43/45 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

9/45 youth in the cohort are High or Very High YLS Risk Level for a total of 5 points

Total Points Earned: 17 Total Points Possible: 25

Basic SPEP™ Score: 84 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 84% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

The Wesley Spectrum service of Aggression Replacement Training (ART) scored an 84% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy with no qualifying supplemental service. The quality of the service was found to be delivered at a Very High level. The risk levels of youth participating in this program are: 5% as Low Risk; 96% as Moderate Risk or above; and 20% as High Risk. The amount of service provided to the clients was at 72% of the recommended targeted weeks of duration and 69% of the recommended target contact hours for this service type.

Wesley Spectrum's service of ART could improve its capacity for recidivism reduction through:

1. Developing an agency policy that outlines how to prevent drift from delivering ART with high fidelity. During the SPEP Interview, there was discussion on the benefits of formatting internal controls into a policy in order to ensure success. Collaboration with ETA is strongly recommended in order to develop a specific process for Wesley Spectrum.
2. Continuing to implement Fidelity Tools consistently in order to ensure high fidelity of service delivery.
3. Maintaining high training standards and supervision in order to prevent drift from service delivery.
4. Incorporating ART concepts by use of Hassle Logs and Homework Reports into daily conversations and behavioral interventions with youth in order to help them apply the training received in the group setting.
5. Identifying JPO and agency personnel to work collaboratively toward implementing ways to improve upon the mutual understanding of each other's roles as applicable to ART presentation; addressing attendance issues, ways to avoid absences, matters related to notification/documentation to court of youth's progress.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Wesley Spectrum Services-Wesley Spectrum-Aggression Replacement Training

Cohort Total: 41

SPEP ID: 17

Selected Timeframe: Feb. 3, 2014-Dec. 4, 2014

Date(s) of Interview(s): September 21, 2015

Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Doug Braden

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Wesley Spectrum Services (WSS) is a private, nonprofit service agency that provides a wide array of integrated education, behavioral health and family support services to meet the complex needs of at-risk children and families throughout Western Pennsylvania. They provide integrated continuum of autism, behavioral health, as well as education and family support services.

ART is a multi-modal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: skill-streaming, anger-control training, and training in moral reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. Training in moral reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders thrice weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger-Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger and resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? n/a

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a Total Points Possible for this Service Type: 35

Total Points Earned: 35 Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 4

Points received for Dosage or Number of Hours: 4

Total Points Earned: 8 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

40/41 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

7/41 youth in the cohort are High or Very High YLS Risk Level for a total of 3 points

Total Points Earned: 15 Total Points Possible: 25

Basic SPEP™ Score: 78 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 78% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

Aggression Replacement Training® (ART®) as delivered by Wesley Spectrum scored a 78% for the Basic Score and a 78% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy service type. These scores represent an increase from the baseline findings of the initial SPEP™ scoring results. The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Staff Supervision:
 - a. It is recommended that written feedback be provided to those delivering the service via Fidelity Checklist.
 - b. In addition it is recommended that a sign-in checklist be developed that identifies the date and number of Fidelity Checklist reviewed as well as a place for printed name and signature and section for performance feedback/comments.
 - c. It is recommended that performance evaluations refer to the individual's delivery of this service.
2. Regarding Service Amount: Continue to communicate the recommended duration of Aggression Replacement Training® ART® with Allegheny County Juvenile Court.
3. Regarding Youth Level of Risk: Continue to accept Moderate to High Risk youth that are best suited for this service.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Wesley Spectrum Services-In-Home Child and Family Services Program-Aggression Replacement Training® (ART®)

Cohort Total: 37

SPEP ID: 17-T03

Selected Timeframe: Jun. 6, 2016-Apr. 8, 2017

Date(s) of Interview(s): Apr. 24, 2017

Lead County & SPEP Team Representatives: Bill Shultz, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Melanie King & Shawn Peck

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Wesley Spectrum Services is a private, nonprofit service agency that provides a wide array of integrated autism, behavioral health, education and family support services to meet the complex needs of at-risk children and families throughout Western Pennsylvania. Wesley Spectrum Services delivers the following programs: autism services, school-based services, family-based services, high school, K-8 school, outpatient services, in-home services, foster care/adoption, and transportation. Wesley Spectrum Services' In-Home Child and Family Services Program provides intensive, family systems-focused interventions for children and families referred by several agencies, including Allegheny County Juvenile Probation. Aggression Replacement Training (ART®) is a component of Wesley Spectrum Services' In-Home Child and Family Services Program.

ART® is a multimodal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and training in Moral Reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles). Over the duration of the program, they are trained in how to respond to their hassles. Training in Moral Reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a Total Points Possible for this Service Type: 35

Total Points Earned: 35 Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 12 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

35/37 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

5/37 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 12 Total Points Possible: 25

Basic SPEP™ Score: 79 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 79% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

Aggression Replacement Training® (ART®) as delivered by Wesley Spectrum Services scored a 79% for the Basic Score and a 79% Program Optimization Percentage. These scores represent an increase of one percentage point from the previous SPEP™ Reassessment and a decrease of five percentage points from the initial SPEP™ Assessment. It was classified as a Group 5 service;

Cognitive-Behavioral Therapy service type. The quality of service delivery was found to be at a High Level. The amount of service provided to the youth was 78% of the recommended target weeks of duration and 76% of the recommended target contact hours for this service type. The risk levels of the youth that received this service were 5% as Low Risk, 81% as Moderate Risk, and 14% as High Risk. This service could continue to improve its capacity for recidivism reduction through:

1. Regarding Quality of Service Delivery:

a. Organizational Response to Drift:

- i. Develop a policy or procedure that specifically outlines how to review ART® outcome and process data and how to apply findings to improve ART® service implementation and prevent drift.
- ii. Routinely review and respond to data on the provided service to improve service implementation and prevent drift.

2. Regarding Amount of Service:

- a. Collaborate with Allegheny County JPO to address attendance issues.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Wesley Family Services - Aggression Replacement Training® (ART®)

Cohort Total: 31

SPEP ID: 17-T04

Timeframe of Selected Cohort: Sep. 1, 2018 - Jun. 30, 2019

Date(s) of Interview(s): Jun. 20, 2019 & Jun. 20, 2019

Lead County & SPEP Team Representatives: William Shultz, Allegheny Co. & Christa Park, EPISCenter

Person Preparing Report: William Shultz, Allegheny Co. & Christa Park, EPISCenter

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (500 word limit)*

Wesley Family Services (WFS) provides quality behavioral healthcare & therapeutic support services that support the needs of children, adults, & families throughout their lifespan. WFS is a non-profit organization that serves more than 30,000 individuals & families in Western PA. WFS programs address autism, intellectual disabilities, behavioral health, & education. WFS believes that caring therapists, physicians, counselors, clinicians, & caseworkers can help whenever youth & families face challenges they may be trying to navigate. Where there is help, there is always hope. With more than 65 behavioral healthcare services & support programs, WFS works closely with those served & tailors their approach to meet the unique needs of every individual. As an organization, WFS provides behavioral healthcare & support programs to individuals in their homes, communities, and schools - whatever best meets the needs of those served. Several Allegheny County community providers deliver Aggression Replacement Training® (ART®) on Saturday mornings at the Juvenile Court in downtown Pittsburgh. The Court selected WFS as one of these community providers. WFS provides ART® to youth in strong collaboration with Allegheny County Juvenile Probation Officers (JPO) on successive Saturday mornings within 10-week cycles that Allegheny County JPO schedules. Allegheny County JPO refer juveniles on their caseloads to ART® if youth can benefit from this competency development program, based on charge type or Youth Level of Service risk/needs assessment. ART® is an evidence-based curriculum proven to help juveniles reduce aggressive behavior & develop pro-social/moral reasoning skills. ART® is a multimodal psycho-educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and Moral Reasoning Training. ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth three times weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, & Moral Reasoning Training. The program relies on repetitive learning techniques to teach participants to control impulsiveness & anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking. Differences exist regarding the targeted duration (i.e., weeks) and contact hours for the delivery of ART® in a residential program versus delivery of ART® in a community-based program. Wesley Family Services has used the SPEP™ Performance Improvement Process to enhance their delivery of ART®.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a

Total Points Possible for this Service Type: 35 ☒

Total Points Earned: 35 ☒ Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 ☒ Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 8 ☒

Points received for Dosage or Number of Hours: 8 ☒

Total Points Earned: 16 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

29 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 10 ☒ points

2 youth in the cohort are High or Very High YLS Risk Level for a total of 0 ☒ points

Total Points Earned: 10 Total Points Possible: 25

Basic SPEP™ Score: 81 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 81% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

1. Regarding Quality of Service Delivery:

a. Written Protocol:

- i. Update existing manual with a review/revision date.

2. Regarding Amount of Service:

- a. Maintain communication with Allegheny County JPO to better match research recommendations for the target amount of service and appropriate length of stay for each youth.

3. Regarding Risk Level of Youth Served:

- a. Maintain collaboration with Allegheny County JPO to consider the appropriate risk level for each youth.
b. Increase collaboration with Allegheny County JPO to consider each youth's responsivity factors during treatment.